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ITS OK TO BE SAD
SOMETIMES.
BEING SAD HELPS ME
LEARN ABOUT MY
EMOTIONS.











I CAN DO ANYTHING WHEN I BELIEVE IN MYSELF

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I ACCEPT MYSELF, ALWAYS

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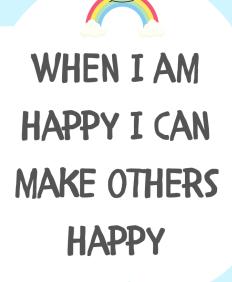
I BELIEVE IN MYSELF AND I CAN ACHIEVE MY DREAMS

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WHEN I AM SAD
I STILL KNOW I
AM LOVED

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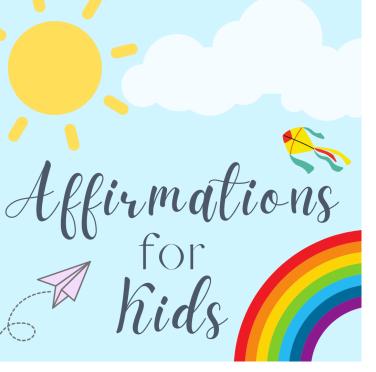


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I KNOW MY
FAMILY LOVE ME
EVEN WHEN THEY
ARE FAR AWAY





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I AM BEAUTIFUL
I AM KIND
I AM IMPORTANT
I AM ENOUGH

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I KNOW THAT MY
FAMILY LOVE ME
EVEN WHEN I
FEEL ANGRY











I CAN BE MYSELF AND BE CONFIDENT

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I KNOW MY FAMILY
SUPPORT ME WHEN
I AM SAD

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I AM GRATEFUL FOR MY WONDERFUL AND FUN LIFE

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